



Keep Calm and Carry on

Alzheimer's Dementia Caregiver Support Group

Please join Town of Reading Elder Services Social Worker, Melissa Koster, on **the First and Third Tuesday, of each month at 6pm**. We will help with finding ways to cope through new ideas, improve quality of life while providing a caring environment. The group is designed to provide emotional, educational and social support for caregivers while enabling participants too:

- Share and Explore solutions to problems
- Listen and talk in a confidential environment
- Meet others in similar roles
- Learns ways to cope and decrease stress
- Learn about community resources

The Caregiver support Group will meet **at The Pleasant Street Center**, 49 Pleasant Street, Reading. Register by contacting Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us to become involved.

